

## Acorn Squash

## Vegetables

### Tip:



Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 57  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 4mg  
Total Carbohydrate: 15g  
Dietary Fiber: 4.5g  
Sugars: 4g  
Protein: 1g

%DV Vit A: 9%  
%DV Vit C: 18%  
%DV Calcium: 5%  
%DV Iron: 5%

### Gather Ingredients:

1 medium acorn squash  
Butter cooking spray  
1 to 2 packets artificial sweetener or 1 to 2 teaspoons brown sugar

### Steps:

1. Wash squash and cut in half lengthwise.
2. Scoop out seeds and wrap each half tightly in Saran Wrap.
3. Microwave for 10 minutes.
4. Remove from microwave—Careful!—squash will be hot.
5. Carefully remove saran wrap and cut into four serving pieces.
6. Spray with butter cooking spray and sprinkle with artificial sweetener or brown sugar.

## Baked Sweet Potatoes

### Gather Ingredients:

2 medium sweet potatoes  
2-4 teaspoons brown sugar  
2 tablespoons light margarine or spray  
butter



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ potato

Calories per Serving: 110  
Total Fat: 2.5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 59mg  
Total Carbohydrate: 20.5g  
Dietary Fiber: 3g  
Sugars: 7g  
Protein: 1.5g

%DV Vit A: 290%  
%DV Vit C: 38%  
%DV Calcium: 3%  
%DV Iron: 4%

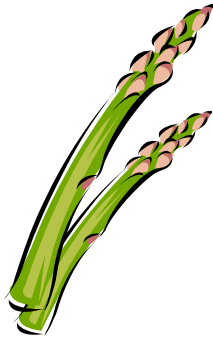
### Steps:

1. Wash and dry sweet potato.
2. Using fork or knife, cut holes in potato before baking.
3. Place potato on microwavable plate and cook in microwave for 5 to 7 minutes or until soft.
4. Remove from microwave and transfer to cutting board. Slice potato open lengthwise and add ½ tablespoon light margarine to each half.
5. Sprinkle ½ to 1 teaspoon of brown sugar over each half and serve.

## Broiled Asparagus

### Gather Ingredients:

2 cups fresh asparagus, trimmed  
1 tablespoon olive oil  
1/8 teaspoon lite salt  
1/8 teaspoon pepper



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 38  
Total Fat: 3.5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 36mg  
Total Carbohydrate: 3g  
Dietary Fiber: 1.5g  
Sugars: 1g  
Protein: 1.5g

%DV Vit A: 10%  
%DV Vit C: 6%  
%DV Calcium: 2%  
%DV Iron: 8%

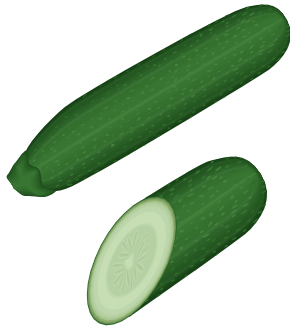
### Steps:

1. Preheat broiler to high.
2. Place asparagus on baking sheet.
3. Coat pieces with olive oil.
4. Broil for 8 to 10 minutes.

## Broiled Zucchini or Squash

### Gather Ingredients:

2 medium zucchini or yellow summer squash  
2 teaspoons olive oil or non-stick cooking spray  
1/8 teaspoon black pepper (optional)  
2 tablespoons grated Parmesan cheese



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ zucchini

Calories per Serving: 54  
Total Fat: 4g  
Saturated Fat: 1g  
Cholesterol: 2mg  
Sodium: 47mg  
Total Carbohydrate: 3g  
Dietary Fiber: 1g  
Sugars: 0g  
Protein: 2g

%DV Vit A: 4%  
%DV Vit C: 24%  
%DV Calcium: 4%  
%DV Iron: 2%

### Steps:

1. Preheat broiler oven.
2. Wash zucchini and slice off ends.
3. Cut zucchini into strips. (Cut each zucchini in half width-wise and then cut each half in half lengthwise. Continue process until you have sixteen zucchini sticks.)
4. Place zucchini in broiler-safe dish or pan. Brush with olive oil and pepper, if desired.
5. Broil for 5 to 10 minutes until toasty (but not burnt). Remove from broiler.
6. Sprinkle zucchini sticks evenly with Parmesan cheese.

## Butternut Squash

### Tip:

Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ recipe

Calories per Serving: 80  
Total Fat: 1.5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 30mg  
Total Carbohydrate: 18g  
Dietary Fiber: 4.5g  
Sugars: 5.5g  
Protein: 1g

%DV Vit A: 308%  
%DV Vit C: 34%  
%DV Calcium: 6%  
%DV Iron: 5%

### Gather Ingredients:

- 1 butternut squash
- 4 teaspoons brown sugar or substitute
- 4 teaspoons light margarine

### Steps:

1. Wash squash and slice down the middle, lengthwise.
2. Scoop out seeds.
3. Place flesh-side down (skin-side up) in microwavable dish with 1-inch of water or wrap each half in plastic wrap.
4. Microwave 6 to 8 minutes. Remove from water or remove plastic wrap.
5. Fill each cavity with 1-2 teaspoons light margarine and sprinkle with sugar or sweetener.
6. Use sauce in cavity to drizzle on remaining area of squash. Divide into four servings.

Variation: Bake as directed, but omit margarine and sugar. Salt lightly and serve.

## Cheesy Oven Fries

### Tip:

Homemade fries have much less fat, saturated fat, trans fat and calories than fast food French fries.

Compare to a small order of McDonald's French fries and you'll save:

113 calories  
9.5 grams of fat  
1 gram of saturated fat  
70 milligrams of sodium



### Serving Suggestions:

Serve these with veggie burgers, grilled chicken or fish.

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

Calories per Serving: 107  
Total Fat: 1.5g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Sodium: 80mg  
Total Carbohydrate: 18g  
Dietary Fiber: 2g  
Sugars: 2g  
Protein: 5g

%DV Vit A: 0%  
%DV Vit C: 35%  
%DV Calcium: 7%  
%DV Iron: 6%

### Gather Ingredients:

2 large or 4 small Idaho potatoes  
1 teaspoon garlic powder  
Black pepper to taste  
¼ cup Parmesan cheese, grated  
Non-stick cooking spray

### Steps:

1. Preheat oven to 400 degrees F.
2. Wash potatoes and cut into ¼ inch thick wedges.
3. Mix the rest of ingredients in a small bowl and set aside.
4. Arrange the potato wedges in rows so they don't touch. Spray the top side of the potatoes with the cooking spray and place them in the oven. Bake potatoes until golden brown—about 10 minutes.
5. Flip them over and continue baking until brown on both sides—about 10 minutes.
6. Place potatoes in serving bowl and toss with seasoning mixture.

Source: [www.foodandhealth.com](http://www.foodandhealth.com)

## Collard Greens

### Tip:

Greens are best when cooked within a day or two but will keep in a ventilated plastic bag refrigerated for up to one week.

Wash fresh greens before using.

Two "rinsings" may be necessary to remove all the grit.

If you cook a large pot of greens, more than you can use in 4-5 days, then place the remaining greens in an air-tight container and freeze for up to 6 months.

The liquid in which the greens have been cooked is highly nutritious and can be used as an excellent vegetable stock for soups.



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

Calories per Serving: 18  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 9mg  
Total Carbohydrate: 5g  
Dietary Fiber: 1g  
Sugars: 1g  
Protein: 0g

%DV Vit A: 0%  
%DV Vit C: 16%  
%DV Calcium: 4%  
%DV Iron: 3%

### Gather Ingredients:

- 1 pound of collard or turnip greens
- 1 packet low sodium beef bouillon
- 1 small onion, chopped
- ¼ cup vinegar
- Pepper to taste

### Steps:

1. Cook greens in 2 cups of water seasoned with the bouillon and onion for 4 minutes (may need to cook longer if greens are older).
2. Add vinegar and pepper to taste.

## Corn on the Cob

## Vegetables

### Tip:

If you don't want to grill your corn, roast the corn in their husks in a 350 degree oven for 25 or more minutes.



### Nutrition Facts

Serving Size: 1 ear of corn  
Servings per Recipe: 4

Calories per Serving: 124  
Total Fat: 6g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Sodium: 104mg  
Total Carbohydrate: 17g  
Dietary Fiber: 2.5g  
Sugars: 3g  
Protein: 3g

%DV Vit A: 4%  
%DV Vit C: 10%  
%DV Calcium: 1%  
%DV Iron: 3%

### Gather Ingredients:

4 ears corn on the cob, silk removed; husks left on and soaked in cold water for 20 minutes

4 tablespoons light margarine

1-2 tablespoons chopped fresh dill

1 teaspoon ground black pepper

### Steps:

1. Heat grill to high,
2. Remove corn from water and place on the grill.
3. Close cover and grill until just cooked through, about 20 minutes.
4. While corn is grilling, combine margarine and dill in a small bowl until smooth and season with pepper.
5. Remove husk and slather with dill spread.

Recipe adapted from Bobby Flay



## Fresh Orange Carrots and Broccoli

## Vegetables

**Tip:**

This dish is low in fat, saturated fat, salt and high in fiber!!!!

**Gather Ingredients:**

2 cups broccoli flowerets  
1 ½ cups carrots, bias-cut  
½ cup low sodium chicken broth  
½ cup fresh orange juice  
2 teaspoons cornstarch  
1 green onion, sliced  
½ teaspoon dried basil, crushed  
½ teaspoon sugar  
¼ teaspoon salt  
¼ teaspoon pepper  
1 orange, peeled and chopped

**Nutrition Facts**

Servings per Recipe: 5  
Serving Size: ½ cup

Calories per Serving: 58  
Total Fat: trace  
Saturated Fat: trace  
Cholesterol: 0mg  
Sodium: 179mg  
Total Carbohydrate: 13g  
Dietary Fiber: 3g  
Protein: 3g

%DV Vit A: 237%  
%DV Vit C: 100%  
%DV Calcium: 5%  
%DV Iron: 4%

**Steps:**

1. Place broccoli and carrots in a steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil; cover and steam 6 to 10 minutes, or until vegetables are tender. Remove steamer basket from pan, discard liquid. Keep vegetables warm.
2. In the same saucepan stir together broth and juice. Add cornstarch and stir until dissolved. Stir in onion, basil, sugar, salt, and pepper.
3. Bring mixture to a boil, reduce heat and simmer until sauce thickens and bubbles. Cook 1 minute more.
4. Stir in chopped orange; add vegetables back to pan. Toss gently to coat with sauce. Serve immediately.

## Frosted Cauliflower

Tip:

### Gather Ingredients:

1 medium head cauliflower  
½ cup mayonnaise  
2 teaspoons mustard  
¾ cup Cabot 50% Light Jalapeno Cheddar  
Cheese, shredded

## Vegetables

### Nutrition Facts

Servings per Recipe: 6  
Serving Size: 1 cup

Calories per Serving: 130  
Total Fat: 9g  
Saturated Fat: 3g  
Cholesterol: 10mg  
Sodium: 260mg  
Total Carbohydrate: 7g  
Dietary Fiber: 2g  
Sugars: less than 1g  
Protein: 6g

%DV Vit A: 6%  
%DV Vit C: 110%  
%DV Calcium: 15%  
%DV Iron: 4%

### Steps:

1. Steam cauliflower for 15 minutes.
2. Drain and put into a shallow baking dish (8x8 inch).
3. Combine remaining ingredients and pour over cauliflower.
4. Bake at 375 degrees for 10 minutes or until cheese has fully melted.

Recipe adapted from Cabot Vermont's *Light Cheddar Recipes with a Southwest Flavor*

## Glazed Carrots

### Tip:



Carrots are an excellent source of Vitamin A, low in calories, and a fair source of fiber. However, adding butter and brown sugar to a carrot recipe can really boost the calories, fat, and carbohydrate content.

Using sugar substitutes in place of brown sugar really cut down on the extra calories from added sugar in this recipe.

Sugar Twin brand makes a nice brown sugar replacement product.

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: About  $\frac{3}{4}$  cup

Calories per Serving: 37  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 35mg  
Total Carbohydrate: 8g  
Dietary Fiber: 1.5g  
Sugars: 3g  
Protein: 1g

%DV Vit A: 152%  
%DV Vit C: 5%  
%DV Calcium: 2%  
%DV Iron: 0%

### Gather Ingredients:

2 cups carrots, peeled and sliced  
2/3 cup orange juice, unsweetened  
1 tablespoon cornstarch  
1/4 teaspoon ground ginger  
4 packets artificial sweetener

### Steps:

1. Cook carrots in casserole dish in microwave with no added water or on stove with a small amount of water in covered saucepan until tender. Drain thoroughly and set aside.
2. In small saucepan, dissolve cornstarch in cold orange juice. Stir in ginger and sweetener.
3. Over medium heat, bring juice mixture to a slow boil, stirring constantly until thickened. Add carrots to sauce. Stir to coat.

## Grilled Sweet Potatoes



### Gather Ingredients:

4 small sweet potatoes (12 ounces total),  
par-cooked and cut into ½ inch slices  
4 tablespoons Olive oil  
2 tablespoons Dijon mustard  
½ cup cider vinegar  
¼ cup Balsamic vinegar  
2 teaspoons honey  
¼ cup coarsely chopped flat-leafed parsley  
8 green onions

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

Calories per Serving: 208  
Total Fat: 13.5g  
Saturated Fat: 2g  
Cholesterol: 0mg  
Sodium: 196mg  
Total Carbohydrate: 22g  
Dietary Fiber: 3g  
Sugars: 10g  
Protein: 3g

%DV Vit A: 206%  
%DV Vit C: 43%  
%DV Calcium: 6%  
%DV Iron: 9%

### Steps:

1. Preheat grill.
2. Brush potatoes and onions with olive oil and arrange on grill.
3. Grill potatoes on each side for 3 to 4 minutes or until tender.
4. Grill onions until softened and marked. Remove from grill and cut into thin slices.
5. In large bowl, whisk together olive oil, the mustard, vinegars and honey. Season with salt and pepper to taste.
6. Add potatoes, onions, parsley, and toss until potatoes are well coated. Transfer to a platter and serve.

## Lighter Mashed Potatoes

## Vegetables

### Tip:

Potatoes are a good source of many healthy nutrients for your body like vitamin C, potassium, and dietary fiber.

Plan to cook potatoes in a healthy way to get the best benefits from this vegetable.

Avoid adding extra fat when cooking. Use light margarines or low-fat milks to substitute for butter or whole milk.

Leave the peeler in the drawer!  
Potato skins are packed with nutrients you don't want to miss out on.



### Nutrition Facts

Servings per Recipe: 10  
Serving Size: ½ cup

Calories per Serving: 57  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 364mg  
Total Carbohydrate: 11g  
Dietary Fiber: 1g  
Sugars: 2g  
Protein: 2g

%DV Vit A: 0%  
%DV Vit C: 21%  
%DV Calcium: 1%  
%DV Iron: 3%

### Gather Ingredients:

- 1½ pounds potatoes
- 1 1/3 cup water
- 1½ teaspoon salt (optional)
- 1 tablespoon light margarine
- 1/3 cup skim milk
- 1/8 teaspoon black pepper (optional)

### Steps:

1. Wash potatoes. Do not peel! Cut into pieces no thicker than ½ inch. Put potato pieces and water into heavy-bottomed pot. Cover and bring to a boil; reduce heat to simmer. Simmer for about 15 minutes, or until potatoes are very tender. Add a little more water if necessary to keep potatoes from sticking. If you add too much water; you'll need to drain the potatoes before mashing.
2. Remove from heat, add margarine. Mash with electric mixer on low speed or use a potato masher.
3. Heat the skim milk. Gradually beat the hot milk into the potatoes; continue beating until light and fluffy. Add black pepper, if desired. Taste before adding salt.

## Low Fat Potato Crisps

### Tips:

Any seasoning can be sprinkled on the potatoes. Possible options: red pepper, garlic powder, onion powder, chili pepper, Italian seasoning or dill weed.

The recipe can also be made with the oven turned up to 475 degrees. This will make the potatoes puff up.

The potato crisps can be reheated in the microwave on high power for 1 to 2 minutes, but they are best when eaten fresh.



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

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Calories per Serving: 65  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 3mg  
Total Carbohydrate: 14g  
Dietary Fiber: 2g  
Sugars: 2g  
Protein: 22g

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%DV Vit A: 6%  
%DV Vit C: 27%  
%DV Calcium: 1%  
%DV Iron: 5%

### Gather Ingredients:

4 small potatoes  
Non-stick cooking spray  
Hungarian paprika (optional)  
Salt and pepper (optional)

### Steps:

1. Preheat oven broiler.
2. Slice potatoes into very thin slices (1/4 inch or less).
3. Spray 2 cookie sheets with cooking spray. Lay potato slices out in single layer on cookie sheets. Sprinkle with seasonings.
4. Broil for about 5 minutes or until brown on one side. Turn and broil another 5 minutes or until both sides are brown. Serve immediately.

## Mexican Cabbage

### Tip:

Using a good non-stick skillet allows you not to have to add any fat. Try the reduced-fat block cheeses and add to foods at the last minute to let them melt—they really do melt!

### Gather Ingredients:

1 bag angel hair cole slaw mix or 1 head of cabbage, finely shredded  
2 tablespoons water  
2 teaspoons Cajun seasoning blend  
1 cup salsa  
½ cup reduced-fat cheddar cheese, grated

## Vegetables

### Nutrition Facts

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Servings per Recipe: 6  
Serving Size: 1 cup

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Calories per Serving: 90  
Total Fat: 2g  
Saturated Fat: 1g  
Cholesterol: less than 5mg  
Sodium: 350mg  
Total Carbohydrate: 13g  
Dietary Fiber: 5g  
Sugars: 7g  
Protein: 6g

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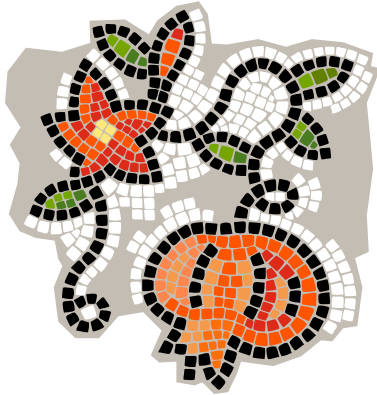
%DV Vit A: 10%  
%DV Vit C: 120%  
%DV Calcium: 20%  
%DV Iron: 8%

### Steps:

1. Put water in the bottom of a large non-stick skillet.
2. Add bag of shredded cabbage.
3. Sprinkle with Cajun seasoning blend.
4. Cover tightly with lid and steam for 3-4 minutes.
5. Uncover and top cabbage with salsa and grated cheese.
6. Cover tightly for 2 more minutes or until cheese is melted.

## Oregano Tomatoes

## Vegetables



### Nutrition Facts

Serving Size: ¼ of recipe  
Servings per Recipe: 4

Calories per Serving: 38

Total Fat: 1g

Saturated Fat: 0.5g

Cholesterol: 2mg

Sodium: 133mg

Total Carbohydrate: 6g

Dietary Fiber: 1.5g

Sugars: 3g

Protein: 2g

%DV Vit A: 15%

%DV Vit C: 37%

%DV Calcium: 4%

%DV Iron: 4%

### Gather Ingredients:

1 pound of cherry tomatoes

Butter spray

1 tablespoon fresh oregano or ½ teaspoon dried

1 clove garlic, finely minced or pressed

1 teaspoon black pepper

¼ teaspoon lite salt

2 tablespoons grated Parmesan cheese

### Steps:

1. Preheat broiler to medium heat.
2. Wash tomatoes and cut in half horizontally. Place cut side up in a shallow, flameproof dish.
3. Mix oregano, garlic, pepper, salt, and Parmesan in bowl.
4. Spray cut side of each tomato with butter spray; sprinkle with cheese mixture.
5. Broil under medium heat for about 5 minutes or until topping is just golden brown.
6. Remove from broiler and transfer to serving dish.



## Oven-Fried Vegetables

### Gather Ingredients:

- 1 pound fresh okra
- 2/3 cup yellow cornmeal
- ¼ teaspoon lite salt (more if desired)
- 1/8 teaspoon black pepper
- ¼ cup non-fat or low-fat buttermilk
- 1 egg slightly beaten



### Tip:

Try oven-fried zucchini or squash with this recipe. Place coated vegetables on a wire rack on a baking sheet to lift vegetables for air to circulate and create crispiness. Spray vegetables with cooking spray and cook for 15 to 20 minutes on each side.

## Vegetables

### Nutrition Facts

Servings per Recipe: 6  
Serving Size: ½ cup

Calories per Serving: 99  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 36mg  
Sodium: 74mg  
Total Carbohydrate: 23g  
Dietary Fiber: 3g  
Sugars: 1.5g  
Protein: 4g

%DV Vit A: 7%  
%DV Vit C: 27%  
%DV Calcium: 8%  
%DV Iron: 7%

### Steps:

1. Preheat oven to 450 degrees.
2. Wash okra. Snip the top and bottom from each pod.
3. Cut the okra into ½ inch pieces.
4. In a shallow bowl, combine cornmeal, salt, and pepper.
5. In a large bowl, combine the buttermilk and egg. Stir in the okra and let stand for a few minutes.
6. Remove from batter and coat the okra with the cornmeal mixture.
7. Place okra on a non-stick baking sheet.
8. Bake at 450 degrees for 40 to 45 minutes or until crisp.

## Roasted Red Potatoes

**Tip:**

Add garlic if you want garlic roasted potatoes.



**Gather Ingredients:**

- 1 pound of red potatoes
- 2 tablespoons olive oil
- ¼ teaspoon lite salt
- ½ teaspoon black pepper
- 1 tablespoon fresh rosemary, chopped or
- 1 teaspoon dried rosemary

## Vegetables

**Nutrition Facts**

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Servings per Recipe: 6  
Serving Size: 1/6 of Recipe

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Calories per Serving: 96  
Total Fat: 5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 49mg  
Total Carbohydrate: 12g  
Dietary Fiber: 1.5g  
Sugars: 1g  
Protein: 2g

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%DV Vit A: 0%  
%DV Vit C: 23%  
%DV Calcium: 1%  
%DV Iron: 4%

**Prep:**

1. Preheat oven to 400 degrees F.
2. Wash potatoes with cold water to remove any dirt.
3. Quarter or half potatoes, depending on size.
4. Toss potatoes in olive oil, rosemary, salt and pepper to taste. Place on a baking sheet and bake for about 20 minutes. Turn over once and continue cooking till golden brown.

## Roasted Vegetables

## Vegetables



### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

Calories per Serving: 30  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 300mg  
Total Carbohydrate: 7g  
Dietary Fiber: 2g  
Sugars: 0g  
Protein: 1g

%DV Vit A: 10%  
%DV Vit C: 73%  
%DV Calcium: 2%  
%DV Iron: 2%

### Gather Ingredients:

1 medium green bell pepper, cut into 1-inch pieces  
1 medium onion, cut into ¼-inch wedges  
1 medium tomato, cut into ¼-inch wedges  
1 medium zucchini, cut into 1-inch pieces  
Olive oil-flavored cooking spray  
½ teaspoon salt

### Steps:

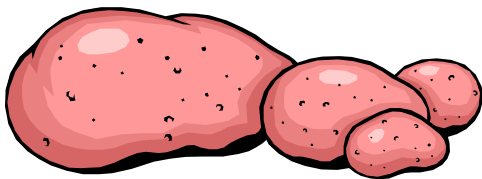
1. Set oven control to broil. Cover cookie sheet with aluminum foil; spray with cooking spray. Place vegetables in single layer on cookie sheet. Spray vegetables with cooking spray. Sprinkle with ¼ teaspoon of salt.
2. Broil with tops 4 inches from heat about 12 minutes, stirring occasionally, until vegetables are tender. Sprinkle with remaining ¼ teaspoon salt.

## Rosemary Potato Crisps

## Vegetables

### Gather Ingredients:

$\frac{3}{4}$  pounds red potatoes  
Non-stick cooking spray—olive oil flavor  
4 tablespoons Parmesan cheese  
1 tablespoon chopped fresh rosemary



### Nutrition Facts

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Servings per Recipe: 4  
Serving Size:  $\frac{1}{4}$  of recipe

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Calories per Serving: 83  
Total Fat: 1.5g  
Saturated Fat: 1g  
Cholesterol: 3mg  
Sodium: 90mg  
Total Carbohydrate: 14g  
Dietary Fiber: 1.5g  
Sugars: 1g  
Protein: 3.5g

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%DV Vit A: 1%  
%DV Vit C: 28%  
%DV Calcium: 7%  
%DV Iron: 4%

### Steps:

1. Preheat oven broiler.
2. Wash and dry potatoes. Slice potatoes into very thin slices ( $\frac{1}{4}$  inch or less.)
3. Spray baking sheets with cooking spray. Lay potato slices out in single layer on baking sheets. Sprinkle with rosemary and cheese.
4. Broil for about 5 minutes or until brown on one side. Turn and broil another 5 minutes or until both sides are brown.
5. Serve immediately.

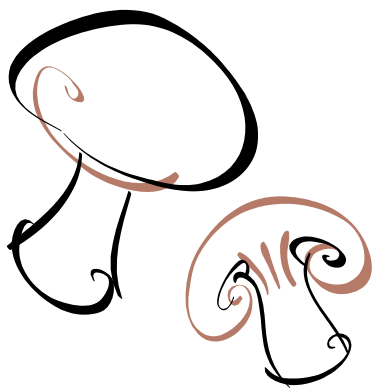
## Sauteed Mushrooms

### Tip:

To add flavor without the salt, add red wine and cook mushrooms in wine until reduced.

### Gather Ingredients:

2 cups mushrooms, sliced  
1 tablespoon olive oil  
¼ teaspoon lite salt (optional)  
1 teaspoon black pepper



## Vegetables

### Nutrition Facts

Servings per Recipe: 4

Serving Size: ½ cup

Calories per Serving: 44

Total Fat: 4g

Saturated Fat: 0.5g

Cholesterol: 0mg

Sodium: 71 mg

Total Carbohydrate: 2g

Dietary Fiber: 0.5g

Sugars: 0g

Protein: 1.5g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 0%

%DV Iron: 2%

### Steps:

1. Wash mushrooms and slice on cutting board.
2. In a medium skillet, add 1 tablespoon olive oil and heat on low heat.
3. Add sliced mushrooms and sauté about 15 minutes, stirring occasionally.
4. Add red wine, if desired, cook to reduce.
5. Remove from heat and add pepper and salt, if desired.

## Seasoned Asparagus

### Gather Ingredients:

2 cups fresh asparagus, trimmed  
2 tablespoon water  
1 tablespoon light margarine melted  
¼ teaspoon dried mint  
1/8 teaspoon salt  
1/8 teaspoon pepper  
¼ teaspoon lemon juice

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

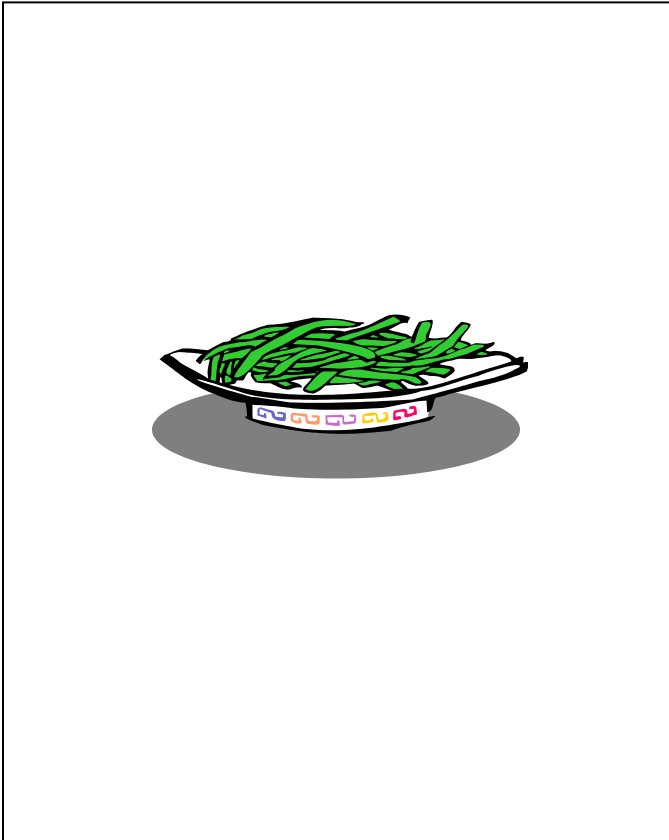
Calories per Serving: 25  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 97mg  
Total Carbohydrate: 3g  
Dietary Fiber: 1.5g  
Sugars: 1g  
Protein: 1.5g

%DV Vit A: 10%  
%DV Vit C: 6%  
%DV Calcium: 2%  
%DV Iron: 8%

### Steps:

1. Place asparagus and water in a 1 quart microwave-safe dish.
2. Cover and microwave on high for five minutes or until crisp tender.
3. Drain remaining water in bowl.
4. Combine margarine, mint, lemon juice, and salt and pepper.

## Seasoned Green Beans



## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size:  $\frac{3}{4}$  cup

Calories per Serving: 55  
Total Fat: 3.5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 5mg  
Total Carbohydrate: 6g  
Dietary Fiber: 3g  
Sugars: 1g  
Protein: 1.5g

%DV Vit A: 11%  
%DV Vit C: 22%  
%DV Calcium: 3%  
%DV Iron: 5%

### Gather Ingredients:

3 cups fresh string green beans  
1 tablespoon olive oil  
1 tablespoon Mrs. Dash Lemon Pepper seasoning or salt-free Greek seasoning or other salt-free seasoning

### Steps:

1. Wash beans and dry thoroughly with paper towel. Remove ends, if desired.
2. In a medium skillet, add 1 tablespoon olive oil and heat on low to medium heat.
3. Add beans and cook about 10 minutes or until just tender, stirring occasionally.
4. Add seasoning and stir together with beans.

## Spaghetti Squash

### Tip:

Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ recipe

Calories per Serving: 54  
Total Fat: 2g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 193mg  
Total Carbohydrate: 8g  
Dietary Fiber: 2g  
Sugars: 0g  
Protein: 1g

%DV Vit A: 8%  
%DV Vit C: 7%  
%DV Calcium: 2%  
%DV Iron: 2%

### Gather Ingredients:

1 medium spaghetti squash  
2 tablespoons light margarine or butter sprinkles  
½ teaspoon lite salt (optional)

### Steps:

1. Wash squash and slice down the middle, lengthwise.
2. Scoop out seeds.
3. Place flesh-side down (skin-side up) in microwavable dish with 1-inch of water.
4. Microwave 8-10 minutes.
5. Using fork, scrape flesh into spaghetti-like strands into serving bowl.
6. Add margarine, pepper and salt, if desired; stir.



## Spinach Risotto

**Tip:** A delicious, lowfat and quick version to original risotto recipes. This recipe is also a good source of Vitamin A and C. Sodium can be lowered even more by substituting ½ cup white cooking wine for ½ cup of the broth.



### Gather Ingredients:

4 cups baby spinach leaves, washed, dried  
1 ½ cups Minute brown rice, uncooked  
1 cup grape or cherry tomatoes  
1 can (10 ½ oz.) condensed chicken broth  
½ cup water  
¼ cup Grated Parmesan Cheese

## Vegetables

### Nutrition Facts

Servings per Recipe: 8  
Serving Size: ½ cup

Calories per Serving: 170  
Total Fat: 3g.  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 160mg  
Total Carbohydrate: 30g  
Dietary Fiber: 2g  
Sugars: 1g  
Protein: 7g

%DV Vit A: 25%  
%DV Vit C: 20%  
%DV Calcium: 2%  
%DV Iron: 6%

### Steps:

1. In a 2 quart saucepan, combine spinach, rice, tomatoes, broth and water; mix well.
2. Bring to boil. Reduce heat to low and cover.
3. Simmer 5 minutes, stirring occasionally.
4. Stir in parmesan cheese.
5. Serve

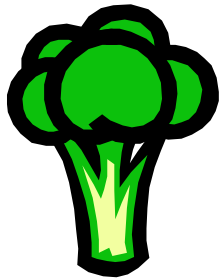
## Steamed Broccoli

## Vegetables

### Tips:

Fresh broccoli is great, but try frozen without added sauces if you're in a hurry.

Try adding Mrs. Dash flavorings to season your vegetables instead of salt.



### Nutrition Facts

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Calories per ½ cup: 27

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 32mg

Total Carbohydrate: 6g

Dietary Fiber: 2.5g

Sugars: 1g

Protein: 2g

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%DV Vit A: 31%

%DV Vit C: 84%

%DV Calcium: 3%

%DV Iron: 3%

### Steps:

1. Chop broccoli into manageable pieces for eating and transfer to microwavable bowl.
2. Add one to two tablespoons of water and cover.
3. Microwave for 4 to 6 minutes, remove from microwave and drain water before serving.

## Stuffed Zucchini

### Tip:

In recipes try substituting real eggs, with egg substitute to cut down cholesterol.

### Gather Ingredients:

2 medium zucchini  
1 clove garlic, peeled and minced  
1 tablespoon Light margarine, divided  
½ cup chopped green bell pepper (If desired, substitute red bell pepper.)  
¼ cup Egg Beaters Healthy Real Egg Product  
19 unsalted club crackers, divided  
1 tablespoon grated Parmesan cheese

## Vegetables

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ zucchini

Calories per Serving: 160  
Total Fat: 8g  
Saturated Fat: 2g  
Cholesterol: 0mg  
Sodium: 190mg  
Total Carbohydrate: 18g  
Dietary Fiber: 2g  
Sugars: 5g  
Protein: 5g

%DV Vit A: 20%  
%DV Vit C: 45%  
%DV Calcium: 6%  
%DV Iron: 8%

### Steps:

1. Halve each zucchini lengthwise; scoop out center portions, leaving ¼ inch shell. Chop 1 cup scooped out zucchini filling; reserve.
2. In large nonstick skillet, over medium heat, cook onion and garlic in 2 teaspoons margarine until tender.
3. Stir in bell pepper, eggplant tomato and reserved chopped zucchini; cook until tender-crisp, about 5 minutes.
4. Remove from heat; stir in egg beaters and basil.
5. Coarsely break 15 crackers; stir into vegetable mixture. Spoon vegetable mixture into zucchini shells.
6. Place zucchini shells in 12x8x2 inch baking dish.
7. Melt remaining margarine. Crush remaining crackers; in small bowl, toss with melted margarine until well coated.
8. Stir in cheese; sprinkle over vegetable mixture. Bake at 375 degrees F for 20 to 25 minutes or until hot.

## Sweet Potato Fries

## Vegetables

### Gather Ingredients:

2 medium sweet potatoes (about 1 1/3 pounds)  
2 teaspoons olive oil  
4 tablespoons Maple syrup



### Tip:

To cut calories from this recipe, eliminate the syrup and save 52 calories and reduce the carbohydrate content by 13 grams.

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ¼ of recipe

Calories per Serving: 187  
Total Fat: 2.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 22mg  
Total Carbohydrate: 40g  
Dietary Fiber: 4.5g  
Sugars: 18g  
Protein: 2.5g

%DV Vit A: 439%  
%DV Vit C: 57%  
%DV Calcium: 7%  
%DV Iron: 7%

### Steps:

1. Preheat oven to 400 degrees.
2. Wash and dry sweet potatoes. Trim ends and cut out any bad spots.
3. Cut into 3-4 inch long and ¼ inch thick strips (steak fries.)
4. Place in a bowl or plastic bag with olive oil; shake to coat.
5. Arrange potato strips in a single layer, skin side down on a non-stick pan.
6. Bake for 30 to 40 minutes.
7. Serve with 1 tablespoon warmed Maple syrup.

## Tomato Zucchini Pie

### Tip:

A great way to use tomatoes and zucchini in the summer when you don't know what you will do with yet another zucchini! You can substitute different kinds of tomatoes or yellow squash for the zucchini.

### Gather Ingredients:

Vegetable spray  
2 cups Simply Potatoes Hash Browns (found by the bacon or egg area at the grocery store)  
½ cup flour  
½ teaspoon onion powder  
¼ cup egg substitute  
1 medium zucchini, sliced thin  
3 plum tomatoes, sliced thin  
¾ cup mozzarella cheese  
¼ cup parmesan cheese  
Pepper to taste  
1 teaspoon Italian seasoning

## Vegetables

### Nutrition Facts

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Servings per Recipe: 8  
Serving Size: 1/8 of pie

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Calories per Serving: 100  
Total Fat: 3g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 160mg  
Total Carbohydrate: 14g  
Dietary Fiber: 2g  
Sugars: 2g  
Protein: 5g

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%DV Vit A: 8%  
%DV Vit C: 15%  
%DV Calcium: 8%  
%DV Iron: 4%

### Steps:

1. Preheat oven to 375 degrees. Spray a pie pan with veg. spray.
2. Mix together hash browns, flour, onion powder, egg substitute and press into bottom of pie pan.
3. Bake for about 20-30 minutes until crust is browned.
4. Layer 1/3 cheese, tomatoes, zucchini, 1/3 cheese, tomatoes, zucchini. Top with the rest of the mozz. cheese and parmesan cheese. Sprinkle Italian seasoning over the top.
5. Bake until cheese is browned like a pizza about 30 minutes.

## Tossed Salad

### Tips:

For a fast salad, try the bagged, pre-washed salads in the produce section. Look for varieties that have Vitamin A and C and dietary fiber. Avoid those with added dressing mixes or plan to use your own at home.

Add your own carrots, onions, bell peppers and other favorite vegetables to add more nutrients.

One tablespoon of light, creamy salad dressing adds:

41 calories

3.5 grams of fat

0.5 gram of saturated fat

140 milligrams of sodium

1.5 grams of carbohydrate

## Vegetables

### Nutrition Facts

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Calories per 1.5 cups: 15

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 15mg

Total Carbohydrate: 3g

Dietary Fiber: 2g

Sugars: 1g

Protein: 2g

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%DV Vit A: 80%

%DV Vit C: 20%

%DV Calcium: 2%

%DV Iron: 4%

